

OCTOBER 2021

PICKAWAY COUNTY FAMILY YMCA



Teresa Adams
Group Exercise Instructor

group exercise spotlight

Meet SilverSneakers instructor Teresa Adams. She teaches AOA Functional Fitness Mondays, Wednesdays & Fridays! All of her participants love that class that improves your flexibility, mobility and balance through this upbeat class built on a foundation of ADL's: Activities of Daily Living.

Her quote of today is, "Squats are a pain in the butt, literally."

[Schedules & Reservations](#)

top 10 young adult scans!



Brandon J (28)

Aaron M (25)

Josh M (25)

Kyle L (20)

Dalton B (19)

John K (19)

Trisha J (19)

John D (19)

Hannah A (18)

Luke S (18)



news & updates



It's the most wonderful of the year

By Jeff Phillips, executive director

I love autumn. Always have. Always will. And my passion for the season has

much more to do than the fact football is in full swing, or that the Circleville Pumpkin Show is upon us.

Autumn carries me back to my youth in western Michigan, where apple orchards abound. There is nothing better than a crisp, red delicious apple on a cool, sunny fall day, coupled with the distinctive aroma and colors of fall leaves. The season thrills the senses like none other.

Autumn is also a good time to take stock in your wellness plan. Are you on track and meeting goals set in January? Do you have some catching up to do? What do you see for yourself in 2022, which will be here before we know it?

I always tell members and guests that wellness is not a sprint, it's a long-distance run. And like anything that takes time, there will be peaks and valleys and every so often a pitfall. The key to staying on track is not overreacting to any one event. Stick to the exercise and dietary plan you started, or get back on the right road if you veered one way or another.

And if you stopped, simply get moving again because that's ultimately what counts. Restart with 10 to 15 minutes of walking and work your way back up in time spent as you feel stronger. Above all, meet with your doctor before starting or restarting a fitness program. Knowing what your body can and cannot do will keep you safer and reduce frustration.

Lastly, assessing and modifying your diet is as important as exercise. It means Benjamin Franklin's advice about eating an apple a day rings true.

As always, if you want some help, our YMCA team is here for you. Stop in the branch or call us at (740) 477-1661 to learn more about our programs and services.



School Day Off-Pumpkin Show Week

No school? No worries! Have fun at the Y!

October 18-22

The YMCA is committed to supporting and nurturing kids in Central Ohio communities. During the school year, when schools close for parent/teacher conference days, single day holidays and longer holiday breaks, the YMCA offers full-day child care from 7am - 6pm at select branches so that kids have a place to play and learn (note: pre-registration may be necessary).

Complete our needs survey [here](#).

Contact: Robin May

pickawayregistrar@ymcacolumbus.org

614-425-8178



Creative Arts Center Begins 31st Season

The YMCA's Creative Arts Center began their 31st season on Aug 30. Dancers, twirlers, artists, and actors were eager to get back to classes after a few weeks off and are preparing for their first show of the season. Dancers, twirlers, and theatre students will perform on the main stage at The Circleville Pumpkin Show on Thursday, October 21 at 11am.

The CAC offers classes for ages 2 yrs-high school. Contact Sarah Zang, sarah.zang@ymcacolumbus.org, for program information.



Now Hiring Lifeguards! Need Certified, No

Problem!

We'll be running lifeguard classes in October and in November.

- **Oct. 7** (5-9) Thursday
- **Oct. 8** (4-9) Friday
- **Oct. 10** (9-4) Saturday
- **Oct. 11** (11-5) Sunday
- **Nov. 11** (5-9) Thursday
- **Nov. 12** (4-9) Friday
- **Nov. 13** (9-4) Saturday
- **Nov. 14** (11-5) Sunday

Contact Brittany to Schedule, brittany.harwood@ymcacolumbus.org.



Child Care is HIRING!

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

- **School Age Site Directors: \$16-\$17/hour, Full Time**
 - Ashville Elementary School
- **School Age Lead Teachers: \$14/hour, Part Time Plus**
 - Circleville City Schools (Pickaway YMCA)
- **School Assistant Teachers: \$13/hour, Part Time**
 - Circleville City Schools (Pickaway YMCA)
 - Westfall Local Schools
 - Teays Valley Local Schools

Contact: Dolly Crespo with any questions!

dcrespo@ymcacolumbus.org

740-477-1661 x8526

[Apply Now!](#)



STORYTELLER

Tell us Your Story!

Hey Y Members! We are all made of stories. There is always something amazing happening at every Y location. Help us tell your stories with our new Y Storyteller program. If your child just finished swimming lessons or you're taking your favorite yoga class, snap a picture or a video and send it to us! Tell us how you and your family spend time at the Y.

How it works: Just upload your content online and tell us a little bit about what's going on. You may see your pictures on our website, social media or on the big screen at your Y! This can be as simple as a selfie after you just finished your workout or a class leader who you love to see! We can't wait to share your stories throughout our community.

[Submit Story](#)



fitness challenge

Pumpkin Push Up Challenge

[View Challenge \(PDF\)](#)

try it! recipe of the month



Middle Eastern Rice and Lentils

It's a beautiful dish layered with lentils and rice at the bottom, followed by caramelized onions (the more, the better), and hopefully a couple of creamy or spicy sauces on the side. It's one of my favorite items to order at Middle Eastern restaurants, and this recipe tastes just like it.

[View Recipe](#)

LET'S TEXT!

Stay in touch with facility updates,
announcements and other reminders from us.

Message and data rates may apply. Message frequency varies. Text HELP for help. Text STOP to cancel.

TEXT 'BELONG' TO 545-39 TO OPT IN



Membership and Program Refund Policy

At the YMCA, we always want to provide our members and guests with a great experience. If you are unsatisfied with your experience, we encourage you to speak with a Manager on Duty, Director or Executive Director of that location. We'll be sure to work hard to make things right!

Please note the following policies:

- We do not issue refunds for classes or days of member services that are canceled due to no fault of our own (weather, power outages, etc.)
- We do not refund membership & child care fees without extenuating circumstances. For example: sudden major illness; corporate relocation.
- Membership dues are not refunded due to non-use.

Program Refunds:

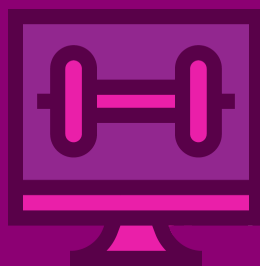
- 100% refund of program fees if canceled 7 days prior to the start of the session.
- 50% refund with less than 7 days notice of cancellation prior to the start of the program.
- If classes are cancelled due to low enrollment, a 100% refund will be issued to the participant.
- If more than one class within a session is cancelled by the YMCA, the Y will offer a system credit for up to three missed classes. After three (3) canceled

classes, the program may be canceled and fees refunded or the program may be rescheduled. If participants cannot take the rescheduled class, refunds will be offered & issued.

Private Instruction Refunds:

- No refunds for personal training, nutrition counseling or private swim lessons unless canceled or rescheduled with at least 24 hours notice.

How you will receive your refund: Refunds will be made via YMCA credit, refund to card or bank account used for the purchase or via check.



virtual ymca

Can't make it to the YMCA? No problem, our Virtual Y is always available to help you meet your goals, learn new things and participate in fun activities!

[Virtual Y](#)



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

PICKAWAY COUNTY FAMILY YMCA

We like to communicate with you in ways that work for you.